



Aintree Davenhill Planning Overview

Subject: P.E.

Term: Autumn 2

Phase: EYFS & Key Stage 1

Year Group	Reception	Year 1		Year 2	
Units:	Manipulation and Co-ordination (1)	Games (Run, Jump and Throw)	Gymnastics	Games (Attack, Defend and Shoot 1)	Gymnastics (1)
Lesson 1	To handle a balloon. 1. Copy, repeat and practise a variety of balloon handling activities 2. Coordinate limbs to carry out defined movements and actions	To start and stop moving at speed. 1. Discover ways to move objects quickly. 2. Identifying which ways to move objects is quickest. 3. Experience competition against themselves. Skill Development: Starting and stopping at speed	To perform 'like' actions in a sequence. 1. Can link two like actions 2. Can explain that 'like' actions are the same type of action 3. Perform two rolls or two jumps, link them together and repeat Skill Development: Refine jumps, rolls and shapes to develop coordination	To kick the ball over long and short distances. 1. Send the ball with feet by kicking 2. Send the ball varying distances using harder and softer kicks Skill Development: Inside of foot kicking	To combine 4 elements into a floor sequence. 1. Use prior learning to create a 4- element sequence 2. Combine balance, rolling, jumping, rocking and spinning 3. Perform using a recognised large body part balance as a start and finish shape Skill Development: large body parts shapes
Lesson 2	To handle a ball. 1. Translate balloon control skills to managing ball with hands. 2. Reproduce movements with a ball bilaterally. 3. Rolling a ball with accuracy.	To use our arms when running at different speeds. 1. Run in a straight line at different speeds. 2. Show power at the start of a run. 3. Perform runs as part of a team. Skill Development: Arm movement in running	To carry and set up apparatus safely. 1. Able to move mats and benches safely 2. Can identify key points for moving apparatus 3. Transfer like sequence to low apparatus Skill Development: Carrying equipment	To stop a ball with control using the foot. 1. Receive and stop the ball with feet 2. Pass the ball to another player Skill Development: Stopping the ball with the foot	To create power in a variety of different jumps. 1. Recognise how to create power in jumps 2. Attempt a variety of different jumps 3. Show ways to jump with power and control Skill Development: The use of power in jumping
Lesson 3	To kick a ball. 1. Reproduce movements with a ball bilaterally with feet. 2. Practise making contact with a ball using feet and legs.	To take off on two feet to jump for a distance. 1. Experience a variety of jumps. 2. Perform a standing long jump. 3. Work in partnership, supporting each other to do well. Skill Development: Taking off on two feet	To perform shapes on both large and small body parts. 1. Identify that shapes can be performed on large or small body parts 2. Transfer shapes from small body parts to large ones 3. Use body tension to hold shapes Skill Development: Exploring muscle tension to hold shapes	To work as a team to keep the ball. 1. Working as a team to keep possession in a defined area 2. Pass the ball for accuracy 3. Demonstrate receiving and passing Skill Development: Control on the ball	To take weight on our hands and move in different ways. 1. Exploring taking weight on hands 2. Develop skills to transition from belly button up to belly button down 3. Create a short sequence with elements of taking weight on hands Skill Development: transition from belly button up to belly button down
Lesson 4	To hop, jump and step. 1. Respond to cues to change between hopping, jumping and stepping. 2. Coordinate feet to practice hop, step and jump sequences.	To use correct technique to throw different objects for a distance. 1. Throw a range of objects over a distance. 2. Adapt throwing styles to different objects. 3. Using a leading arm to direct a throw over a longer distance. Skill Development: Using the leading arm to direct throw	To take off and land and use a shape in our jumps. 1. Take off and land with (some) control 2. Jump for height and distance 3. Perform shapes in jumps Skill Development: taking off and landing	To bounce a ball with my partner. 1. Play in a game with defined areas 2. Play as part of a team to attack and defend 3. Move the ball independently by bouncing Skill Development: Bounce the ball to send (pass & shoot)	To use our flexibility in a bridge and japana gymnastic shape. 1. Able to recognise what it means to be flexible 2. Explore their own flexibility with a japana and bridge shape 3. Use a variation of japana and bridge in a sequence Skill Development: Japana and bridge
Lesson 5	To send a ball or beanbag. 1. Watch, copy and repeat ways of sending, receiving and carrying. 2. Find new ways/make choices of ways to send, receive, and carry objects by self and with a partner	To show improvement in our throwing. 1. To explore and refine basic agility, balance and coordination skills. 2. Perform and show improvement. Skill Development: Work collaboratively to improve	To travel on our feet, showing good body tension. 1. Explore ways of travelling on feet using good body tension 2. Link types of travel to make a sequence 3. Use knowledge of shapes and implement them within the sequence Skill Development: Travelling on feet	To bounce the ball while we are moving (dribbling) 1. To move the ball using basketball style dribbling 2. Link bouncing and passing 3. Play collaboratively to attack a goal Skill Development: Basketball style dribbling	To perform the point balance arabesque. 1. Develop point balance skills to combine with flexibility 2. Travel at different speeds in creative ways 3. Combine changes and speed and point balances in a sequence Skill Development: Arabesque balance
Lesson 6	To send and stop in a game. 1. Listen, respond and coordinate hands and feet to touch a target. 2. Send and stop objects using hands and feet.	To take part in a competition using running, jumping and throwing skills. 1. Use running, throwing and jumping skills. 2. Compete with others. 3. Say how you could have improved. Skill Development: Competing in relay teams	To create different levels in our performance. 1. Choose two like actions rolls, travel on feet or jumps that show different levels 2. Choose a shape to start and finish 3. Create and perform a 6-element sequence Skill Development: Adapting performance to use different levels	To pass the ball forward in a game. 1. Play with and against others 2. Make some attempt at attacking collaboratively 3. Make choices on where to stand when defending as part of a team Skill Development: Passing forwards to shoot	To perform a teddy roll. 1. Explore and experiment with the teddy roll 2. Choose and apply to a simple sequence of elements from unit 1 3. Attempt a teddy roll in a sequence Skill Development: Dolly / Teddy bear roll



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Phase: Key Stage 2

Year Group	Year 3		Year 4		Year 5		Year 6	
Units:	Hockey	Dance	Football	Swimming/OAA	Football	Fitness (Unit 1)	Hockey	Handball
Lesson 1	To keep close control of the ball using the flat side of the stick. 1. Recognising key features of a hockey stick, including how to hold it 2. Play and control the ball using the flat part of the stick 3. Attempt to dribble and score Skill Development: Close control with the flat of the stick	To perform a jazz square and use it in our dance. 1. Explore creating characters and narratives 2. Select and apply actions to a dance phrase 3. Discuss your own and others’ work with some awareness of dance choreography Skill Development: Jazz Square	To run onto the ball to receive it. 1. Work collaboratively to work towards and score goals. 2. Move towards the ball and receive it under control 3. Recap and use passing and trapping skills to play in a game. Skill Development: Coming towards the ball to receive	To work collaboratively to complete a problem-solving task. 1. Perform AFL task as part of a group 2. Suggest ways to solve the problem 3. Support others to participate in the task	To recap and perform a range of different shots with accuracy and control. 1. Turn with the ball unchallenged 2. Receive the ball and turn into space 3. Receive the ball and turn to shoot Skill Development: Turning with the ball	To use coordination in our exercise 1. To keep moving during the 20 second windows 2. To raise heart rate 3. Undertake coordination activity	To shoot under pressure from close range. 1. Play the role of both the defender and the attacker 2. Shoot from close range 3. Score points against opposition Skill Development: Shooting from close range	To play in a game abiding by the double dribble rule. 1. Introduce the double dribble rule 2. Recap basic rules including the three 3’s 3. Play in a 4 v 4 game scoring points in 1 of 3 goals Skill Development: Conditioned game with three 3’s rules
Lesson 2	To control a ball and pas sit into a space. 1. Control the ball and pass into space 2. Work collaboratively to move the ball 3. Play in a 2 v 3 game Skill Development: Passing into space	To perform a dance showing two contrasting characters. 1. Explore characters using descriptive keywords 2. Use performance skills to communicate character 3. Perform to the count of 8 Skill Development: Perform as two contrasting characters	To explore front and goal-side marking techniques. 1. Move to stay with an attacking player. 2. Demonstrate two types of marking and attacking the player (front marking and goal side marking). 3. Discuss and debate the benefits and weaknesses of each type of marking Skill Development: Marking	To work collaboratively to create shapes whilst blindfolded. 1. Recognise compass points 2. Operate as part of a team to solve a problem 3. Listen and be directed by others	To move quickly to the ball to perform a volley 1. Recognise space and opportunities for running with the ball 2. Travel quickly and effectively with the ball 3. Select an appropriate conclusion to the run e.g. shoot, pass, dribble Skill Development: Running with the ball	To keep moving even when we are tired. 1. To work consistently across each activity 2. Identify challenges within the workout 3. Show determination to keep moving even when tired	To perform long corner routines as part of a team. 1. Devise a warm-up for sending the ball over short distances 2. Perform a long corner routine as part of a team 3. Suggest ways to improve the success of long corners routines Skill Development: Positioning and strategies for long corner	The concept of screening and attempting it in a game. 1. Introduce the concept of screening 2. Practice front and back screening techniques 3. Use screening in a conditioned game Skill Development: Screening
Lesson 3	To use a defensive body position. 1. Use defensive body position in preparation for tackling 2. Use defensive position to force a mistake and knock balls away from ball carrier 3. Attempt defensive body positioning in a game to force a mistake Skill Development: Defensive tackling position	To develop movements using improvisation. 1. Perform and communicate ideas as part of a group 2. Develop movements using improvisation 3. Use an arabesque balance Skill Development: Improvisation / Arabesque	To perform a standing tackle to dispossess an attacker. 1. Practice defensive tackling 2. Apply defensive tackling to game scenarios 3. Describe important aspects of tackling Skill Development: Tackling	To name and recognise the cardinal points of the compass. 1. Explain what a compass is 2. Describe how a compass can be used 3. Use compass points to complete the task successfully	To play an overhead shot and know when you might use this. 1. Combine running with the ball and sending into space 2. Selecting where to pass the ball on completion of a run 3. Apply running and sending in a game Skill Development: Passing on the move	What and AMRAP stands for and participate in it. 1. Describe the principles of an AMPRAP workout 2. Develop strength by performing a range of exercises 3. Accurately score rounds and reps	To use goal-side marking to prevent an attacker from getting closer to the goal. 1. Identifying players that need to be marked 2. Use speed and agility to stay with an opponent 3. Consistently mark in an appropriate position Skill Development: Goal Side Marking	Patience around the D to find the best position to shoot. 1. Identify positions available around the D 2. Explain why it is important to be ‘free’ to help your teammates attack the goal 3. Play in a game to build an attack Skill Development: Organisation around the D
Lesson 4	To consistently stop a moving ball ready to pass or shoot. 1. Control the ball and pass unchallenged 2. Move into space to receive the ball 3. Use control to work together as a team to score points Skill Development: Stopping the ball	To use props in our dance sequence. 1. Introduce the use of a prop 2. Work with others to improve a four-action routine 3. Linking sections of dance together Skill Development: Uses a prop	To dribble, showing good control to progress forward. 1. Use dribbling to progress forward. 2. Combine dribbling and passing to benefit the team. 3. Show dribbling in a game. Skill Development: Dribbling Slalom	To complete an orienteering task calmly under time pressure. 1. Perform under time pressures 2. Refine answers from clues 3. Work independently from teacher	To use different court formations during doubles, play. 1. Play in a restricted position 2. Move into space to open up the play 3. Use a ‘one-two’ pass to set up a shooting opportunity Skill Development: Maintaining space on the pitch	To identify what we find challenging and why. 1. Accurately replicate the warmup showing control 2. Keep track of where they are in an exercise 3. Identify what you found most difficult and why	To use a banana run to force an oncoming attacker out wide. 1. Channel opposition players away from the middle of the pitch 2. Using the banana run channel players to your strong side 3. Apply channelling skills into a game Skill Development: Channelling	To show control of the ball when dribbling under pressure. 1. Experience a range of contexts in which dribbling occurs 2. Dribble with confidence in isolation 3. Attempt dribbling in various ways in a game situation Skill Development: Dribbling
Lesson 5	To improve our agility and apply it in a game situation. 1. Practise agility skills 2. Identify when you would need to use agility in hockey 3. Use agility in a small sided game Skill Development: Developing Agility	To use facial expressions to bring life and emotion to our dance. 1. Incorporate facial expressions into a dance phrase 2. Describe ways to improve self and others’ performances 3. Build a dance with multiple phrases Skill Development: Including facial expressions in our performance	To pass and receive the ball over longer distances. 1. Pass the ball to players over distance. 2. Attempt distance passes in games to work towards a goal. 3. Develop the skills needed to set up a teammate to shoot. Skill Development: Passing over distance	To work with a partner to use a map to follow a course. 1. Use a map to follow a course 2. Work cooperatively with a partner 3. Evaluate their success	To refine court movement to hit the ball before the second bounce. 1. Distinguish between when teams are in possession of the ball and when it is lost 2. As an individual challenge themselves to maintain possession 3. Act as a team to keep possession Skill Development: Step over	To work under time pressure. 1. Work under time pressure 2. Demonstrate determination to work quickly 3. Explain why relaxing is important for our health	To use a hit-out to successfully restart a game 1. Recognise when and where a hit out should be taken 2. Play the hit out as a defender and position themselves to support the hitout 3. Move to create opportunities for a successful hit out Skill Development: Hit out	To counterattack into space with speed. 1. Work as part of a team to switch from defensive play to attacking 2. Describe the best areas to attack during a counter attack 3. Attempt to attack space when counter-attacking Skill Development: Recognising space
Lesson 6	To avoid our feet contacting the ball and apply basic rules to the game. 1. Grasp and use some of the basics rules of the game 2. Play avoiding controlling the ball with your feet 3. Implement some skills learned throughout the unit in the game Skill Development: Avoiding foot contact with the ball	To take on the role of director to help others improve their dance. 1. Perform to an audience 2. Describe and evaluate features in a dance 3. Watch and make decisions on how to improve your own performance Skill Development: ‘Being a Director	To perform passing and moving with a teammate. 1. Implement skills learnt over the 6 lessons into games. 2. Use passing on the move skills with a teammate where appropriate (moving towards the goal) 3. Evaluate what areas you have been applying well and which require improvement. Skill Development: Passing on the move	To recognise and recall common map symbols from a key. 1. Recognise common map symbols 2. Remember and recall map symbols 3. Determine when they need help	To perform a diagonal, serve to begin a game in competitive situations. 1. Implement skills developed throughout the unit 2. Control a bouncing ball with more confidence 3. Work with team to discuss and improve performance after each game Skill Development: Controlling a bouncing ball	To beat our previous score and work out the difference in scores. 1. Challenge themselves to match or improve their score 2. Calculate the difference in their score to previous session 3. Discuss what is happening to their bodies when they exercise	Indian dribble and to play competitively using new skills. 1. To work cooperatively to implement attacking and defending strategies 2. Attempt to use the Indian Dribble 3. Demonstrate previous skills learnt in games Skill Development: Indian Dribble	To develop decision-making skills in game situations. 1. Make choices about which pass to use 2. Explain choice of pass 3. Play in competitive games as part of a team Skill Development: Basic skill selection